VANCOUVERITE PUTS SCARE INTO VENUS
MARINO TURNS HEADS AT U.S. OPEN {page 34}

TIRELESS
MEET DESIGNER RACHEL ZOE
STYLE {page 27}

VANCOUVER metro®

Thursday, September 2, 2010
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JEFF HODSON/METRO VANCOUVER

▶ Finance Minister Colin Hansen announces that the province will harmonize its sales taxes, on July 23, 2009.

Libs briefed on HST pre-election

March 12, 2009: Finance minister receives brief on HST ◐ May 17, 2009: Election held ◐ July 23, 2009: HST announced ◐ Aug. 25, 2009: Premier Gordon Campbell denies HST was planned before election ◐ July 1, 2010: HST takes effect

JEFF HODSON
@METRONEWS.CA

Harmonizing the province's sales tax with the GST was indeed blipping on the government's radar prior to the 2009 election, according to documents that were released yesterday.

One document, a Ministry of Finance briefing note from March 2009, warns that while harmonization would result in long-term economic gain, it would also "cause a short-term loss in GDP and unemployment."

The note warns that it may be five or more years before the impact on GDP is positive.

The Liberals have denied considering harmonizing the sales taxes prior to May's provincial elections.

"These documents prove that they weren't telling the truth — it was on their radar," NDP Leader Carole James said.

"They weren't honest with (the public) during the election. And they weren't honest with them after the election."

Finance Minister Colin Hansen said the documents are not evidence that the government was planning to implement the tax. Staff were simply researching current tax policy, he said.

WITH FILES FROM THE CANADIAN PRESS

Campbell's denial

▶ On Aug. 25, 2009, Premier Gordon Campbell told the CBC that the HST "wasn't anywhere on our radar" during May's provincial election.

For more news, visit metronews.ca/local

Dead gunman linked to Burnaby

Hostages were held at Discovery Channel office {page 11}

Midnight, or any time, at the oasis

Putting the 'spa' in your space at home {page 30}

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Palin invited to speak in city

A local book club is confident people are willing to pay $500 to hear former U.S. vice-presidential candidate Sarah Palin speak.

The Bon Mot Book Club invited Palin to Vancouver Oct. 13 to challenge people's minds, organizers say.

"She's an interesting character," said Leah Costello, founder of the Bon Mot Book Club. "People will have the opportunity to decide for themselves whether or not they like her. She's definitely a force in U.S. politics."

The ticket includes a 20-to-30 minute presentation, a Q-and-A period, and a "chef-inspired menu and fine cellared wines" from the Vancouver Club, according to the website.

Other high-profile speakers this season include Liz Murray, recipient of Oprah's Chutzpah award; Pervez Musharraf, former president of Pakistan; and Dr. Atul Gawande, leader of the World Health Organization. VANESSA YEE

What do you think of Sarah Palin?

vancouverletters@metronews.ca

Twitter @vancouvermetro

Metro has the right to edit letters and submissions.

ETHAN MILLER/GETTY IMAGES

▶ Former Alaska governor Sarah Palin speaks at a Las Vegas conference May 23.

Homeless soccer team headed to Brazil for cup

- Team Canada composed of Downtown Eastside players
- 64 nations taking part in the international tournament

VANESSA YEE
VANCOUVER@METRONEWS.CA

Supporters and members of Team Canada's homeless soccer team attended a fundraiser at Doolin's Pub in downtown Vancouver to get players to Rio de Janeiro.

"We are so stoked to have this opportunity," said Kevin King, the team's co-captain.

All team members have been homeless at some point during the past year. Some spent time in Vancouver's emergency shelters and now have found affordable housing.

The Canadian players come from two Downtown Eastside teams, the Eastside Sun Eagles and Portland FC. Six of the eight players are First Nations.

"We've learned a lot about the importance of preparation and humility. I used to be too proud to ask for help, but now I feel I've made huge strides in terms of how to take care of myself."
PETER CHOW, TEAM MEMBER

"It's our determination that got us here," added co-captain Patrick Oleman.

The team practises several times a week. After the Cup, the team co-captains said they plan to pass on their newfound skills.

"I'm going to be a coach for a youth soccer team," said Oleman.

"We finally get the chance to give back to the community from which we've taken so much," King added.

The four-a-side tournament runs Sept. 18 to 26.

KRISTEN THOMPSON/METRO VANCOUVER

▶ Patrick Oleman, co-captain of the Canadian homeless soccer team, practices near Crab Park yesterday.

Suspensions in jail sex probe

Three police officers and three civilian jail staff have been suspended from their jobs over allegations the men watched two women inmates have sex while in the "drunk tank" of the Kamloops jail.

Following a duty status review, the RCMP announced yesterday that the supervising officer, a 20-year member working in the Kamloops cell block on Aug. 18, was suspended with pay.

RCMP spokesman Insp. Tim Shields said both women were later released without charges related to their initial arrests for public intoxication.
THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

▶ Insp. Tim Shields

Union response

- Gayle Nelson, president of the union representing the suspended workers, said she personally finds the incident upsetting.
- "CUPE 900 does not condone the alleged behaviour in any way," she said. "Labour law dictates that we provide representation and we will ensure that they get the representation their collective agreement entitles them to."

News in brief

Boil order over for White Rock

HEALTH. White Rock residents can stop boiling their water as the boil water advisory was lifted yesterday.

The order was issued after tests on Aug. 20 showed signs of E. coli bacteria in a reservoir, and lasted 12 days. Tap water in the affected area is now safe to drink, but experts suggest flushing out pipes by running the water for about a minute before consuming.
METRO

Man gets jail term for luring

SENTENCING. A 29-year-old Sechelt man who used the Internet to lure girls ages 12 and 14 to his home for sex has been sentenced to four years in jail.

But Jesse James Aimee will only serve 17 months because he's been given two-for-one credit for the 15 months he's already served.
VANESSA YEE

1 news

News on the move

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On the web at metronews.ca

Liberals set the stage for fall grudge match with Stephen Harper. Video at metronews.ca/canada

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Survivors of entrapment have words of advice for trapped Chilean miners. Scan code for story.

Organizers hope race is beginning of a cycling legacy

Loosely translated from Italian, gran fondo means big ride Race climbs 2,400 metres from start to finish

JEFF HODSON
@METRONEWS.CA

JEFF HODSON/METRO VANCOUVER

▶ GranFondo Whistler co-founder Neil McKenzie talks about the race in Vancouver yesterday.

Organizers of next weekend's inaugural 122-kilometre RBC GranFondo bicycle race from Vancouver to Whistler hope the event will become a perpetual legacy to showcase cycling on the South Coast.

"The world knows us for our mountain biking," said co-founder Neil McKinnon, "but this is the largest inaugural gran fondo in North America, possibly the world."

Next Saturday, 4,000 riders will take part in a Sun Run-style mass start at Georgia and Burrard. The number of riders could grow to 10,000 to 12,000 in a few short years as word of the event spreads, McKinnon said.

"We think (those numbers are) very achievable. We've gone to great lengths this year to design a course that will have the capacity."

The race sold out in three months, half a year before its start.

Racers will head over the Lions Gate Bridge and up the Sea to Sky Highway via a dedicated traffic lane.

Organizers expect big delays for motorists and estimate that it will take twice as long to drive to Whistler.

Airborne. Dance

▶ A dancer with Aeriosa Dance Society performs while suspended from ropes from the Vancouver Block building on Granville Street yesterday.

KRISTEN THOMPSON/METRO VANCOUVER

Granville 2.010 takes to the skies

Six dancers performed choreographed routines while hanging from the north, west and south walls during the lunch hour. The free event was part of the city's Re-discover Granville 2.010 summer initiative sponsored by the Downtown Vancouver BIA.

$255 B.C. parents will spend an average of $225 on back to school items this year —18 per cent less than in 2009.

Back to school costly

About 60 per cent of parents who budgeted for back-to-school costs started saving at the beginning of the summer, according to a Scotiabank study released yesterday.

KRISTEN THOMPSON

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Ad shows aftermath of flagger hit by SUV

More than 70 traffic controllers injured, 3 killed in B.C. in past five years ◗ PSA airs on Shaw starting tomorrow

KRISTEN THOMPSON
@METRONEWS.CA

When 23-year-old traffic controller Jennifer Beauregard was hit by a man texting behind the wheel, she was thrown from her boots, flew 30 metres down the road and landed on her head. Doctors didn't expect her to survive.

A year later, Beauregard is alive but with permanent injuries, and is the focus of a new WorkSafeBC and BCAA public service ad (PSA) pleading with drivers to slow down and stay alert in construction zones.

"I was in a coma for six days and in hospital for two months," said Beauregard, who suffered brain damage and a shattered pelvis. "The driver ... didn't look up and see me holding my stop sign."

Al Johnson of WorkSafeBC, said flag people are "extremely vulnerable" to inattentive and impatient drivers.

"Drivers need to slow down ... in construction zones so that there are no more fatalities and serious injuries."

PHOTO SUBMITTED

▶ A video still of the PSA showing Jennifer Beauregard in hospital.

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Aussies search for son

- Missing backpacker was last seen in Grand Forks
- He showed up in hospital with two black eyes

JENNIFER O'CALLAGHAN
VANCOUVER@METRONEWS.CA

The family of a missing Australian backpacker is travelling across B.C. to search for the 24-year-old.

Owen Rooney was last seen in the Grand Forks Hospital in mid-August. He left on his own, leaving his belongings behind.

Rooney's relatives are now in B.C. and are attempting to retrace his footsteps.

"Police are not aware if Owen left the Grand Forks area to make his way back to his last known address in Kelowna," Const. Dan Moskaluk said in a news release.

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Sustainable seafood labels fishy: Experts

Local researchers have taken a gaff to one of the world's most established certifiers of sustainable seafood.

"The blue check mark that is on seafood is supposed to say to consumers that they are doing the right thing, that they are making an environmentally friendly choice," said UBC's Jennifer Jacquet. "Unfortunately, we don't think that's true."

In the September issue of London-based Nature magazine, a group of six scientists, led by Jacquet, penned an opinion piece denouncing "increasingly troublesome" certifications by the Marine Stewardship Council.

Among their complaints is that over-fished fisheries can still receive MSC certification as long as good management practices are in place, and that process does not consider the end use. Antarctic krill fisheries, for example, when used for fishmeal, are neither responsible nor sustainable, Jacquet said.

● JEFF HODSON

Reaction

- In a response, MSC said it welcomes feedback to improve its effectiveness. For more than a decade, it added, its efforts and those of its partners have been contributing to environmental progress around the world.

Arrest in doda bust

Delta police say a 47-year-old Surrey man was arrested after they found six kilograms of doda, an opium-based drug, during a raid.

Police also seized 15 kilograms of opium seed used for planting and 3,600 opium pods, from which doda is produced.

In addition to the drug, police discovered a commercial grinding machine, digital scales, a machete, a replica pellet handgun and cash.

Doda is a powder made from opium poppies. It's known as a "stay-awake" drug used by some taxi and truck drivers.

● JENNIFER O'CALLAGHAN

Poppies

- RCMP last week busted Canada's largest poppy plantation in the Fraser Valley.

CRIME

Charges in Surrey homicide

A man arrested after murder investigators were shot at has been charged with having a loaded weapon.

Mounties arriving at a murder scene in Surrey escaped unharmed after a man shot at them on Monday night before fleeing.

Police dogs later found a man hiding in nearby bushes.

Lester Olivia Buezo Oseguera, 29, is scheduled to appear in court on Friday.

● JENNIFER O'CALLAGHAN

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Judge caught in sex scandal may be found unfit

Judge opted to be removed from bench while review is being done Will remain in administrative capacity

Can a judge continue to sit on the bench after it comes to light she was photographed in raunchy, sexually explicit poses that her husband posted to a porn website?

The Canadian Judicial Council is grappling with that question as it considers the case of Lori Douglas, an associate chief justice in Manitoba's Court of Queen's Bench, who this week saw public disclosure of her sexual activity from seven years ago — two years before she was appointed to the bench.

The complaint involves a man named Alexander Chapman, who alleges that Douglas' husband, lawyer Jack King, showed him sexually explicit photos of Douglas in 2003 and tried to convince him to have sex with her.

PHOTO COURTESY OF CBC

▶ Lori Douglas was appointed a judge in 2005.

At the time, Douglas and King were lawyers at the same firm, and King had handled Chapman's divorce, said King's lawyer Bill Gange. King was suffering from depression, Gange said, and was acting without his wife's knowledge.

But the photos spread far beyond the couple's home. Chapman told the CBC this week some of the pictures depicted Douglas in bondage and were posted on a pornographic website. Gange has said Douglas did not know the pictures were being posted online by her husband.

Some legal experts think the explicit material means Douglas cannot continue as a judge. THE CANADIAN PRESS

Birthday. Krishna

▶ Children dressed as Krishna look on yesterday during festivities in Mumbai, India.

RAJANISH KAKADE/THE ASSOCIATED PRESS

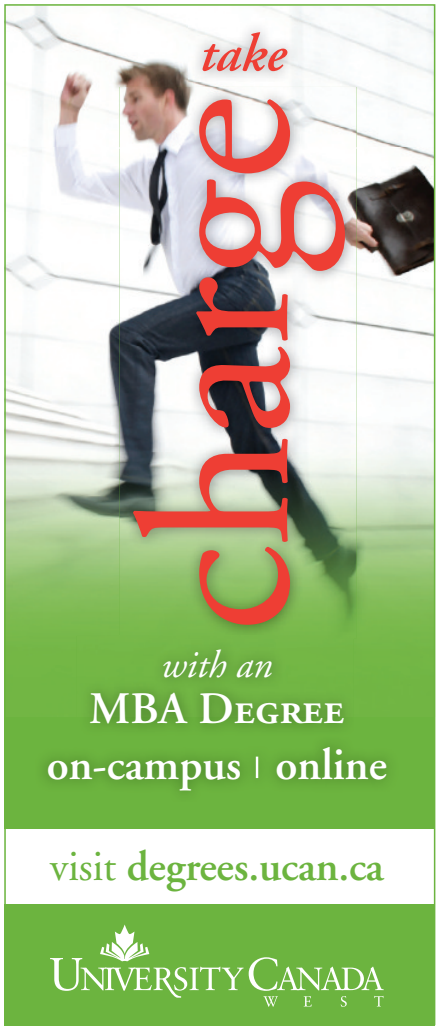
A birthday celebration fit for a god

The festival Janmashtami, which always falls between mid-August and mid-September, marks the birth of the Hindu god Krishna.

17 **A jury found the Boy Scouts negligent for allowing a former assistant scoutmaster to associate with Scouts after he admitted that he had molested 17 boys.**

Scout suit settled

Six men who alleged they were sexually abused by an Oregon Boy Scouts leader in the 1980s have settled their lawsuits against the group's national organization for undisclosed amounts, the plaintiffs' attorney said yesterday. THE ASSOCIATED PRESS



Man angry with cable network killed by police

- Gunman had website hosted by Burnaby company
- RCMP aiding U.S. law enforcement in investigation

A man who railed against the Discovery Channel's environmental programming for years burst into the company's headquarters with at least one explosive device strapped to his body yesterday and took three people hostage at gunpoint before police shot him to death, officials said.

The hostages — two Discovery Communications employees and a security guard — were unhurt after the four-hour standoff.

Montgomery County Police Chief Thomas Manger said tactical officers moved in after the hostage taker was seen on security video pointing a gun at a hostage.

THE ASSOCIATED PRESS

▶ James J. Lee

An explosive device on the gunman's body detonated when police shot him, Manger said.

A law enforcement official speaking on condition of anonymity because the investigation was ongoing said authorities had identified James J. Lee as the likely suspect.

On a website hosted by Burnaby's Doteasy.com, Lee posted a manifesto expressing anger against the Discovery Channel, saying it promoted overpopulation.

He said it and its affiliates should stop "encouraging the birth of any more parasitic human infants."

Instead, he said, the network should air "programs encouraging human sterilization and infertility."

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Has Jobs buttoned up another iPod winner?

Apple chief's newest Nano has a touch screen, but no buttons

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Steve Jobs displays the new Apple TV in San Francisco yesterday.

Apple Inc. CEO Steve Jobs announced a new line of iPods yesterday, including a Nano model that has a touch screen and lacks buttons.

Like previous versions, the Nano has a built-in FM tuner and can display photos.

But instead of buttons, controls for playing, pausing and selecting music are right on the screen.

It will cost $149 US for the 8 gigabyte version and $179 for 16 gigabytes.

Canadians will be able to buy the new products announced yesterday by Apple but as usual, they'll cost a little more north of the border.

In a refresh to the iPod Touch, Apple is adding video-chat features similar to the newest iPhone.

It has a front-facing camera for conducting video chats with other iPod Touch and iPhone users over Wi-Fi using Apple's FaceTime program.

A camera on the back can be used for taking snapshots and recording video.

Prices range from $229 to $399.

Jobs also introduced a new iPod Shuffle, the lowest-end music player in Apple's line.

THE ASSOCIATED PRESS

ADVERTISING

Rogers, Warner in video link

Rogers Media will partner with Warner Music Canada to sell ads around Warner's music video content across a variety of digital platforms.

Rogers Digital Media said it will exclusively represent Warner Music Canada's music video content, including Warner's online video distribution channels.

"Along with our other investments in premium digital video content, this partnership ... will enable Rogers Digital Media to offer even more premium video content to advertisers," said Claude Galipeau, senior VP and general manager of Rogers Digital Media.

Rogers also said it will develop custom programs and sponsorships.

THE CANADIAN PRESS

Like a sale with your burger?

A private equity firm has denied it's in talks to acquire Burger King Holdings Inc.

The Wall Street Journal linked 3i Group PLC to the second-largest hamburger chain after McDonald's. The paper said the British private-equity firm was among interested parties.

THE ASSOCIATED PRESS

Amazon eyes films online

Amazon.com is talking with major media companies about offering unlimited views of older TV shows and movies online.

It's an attempt to stay relevant as consumers flock to Apple Inc.'s iTunes a la carte store and Netflix Inc.'s all-you-can-eat subscription plan.

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Barcelona	from $399 + taxes & fees $371
New York	from $438 + taxes & fees $131

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Anaheim Family Special Air + 4 Nights from $269◊ + taxes & fees $109
INCLUDES accom near *Disneyland* Resort. Price is per person based on quad occupancy.
BOOK this package based on double occupancy from $349 per person.

San Diego Air + 3 Nights from $319 + taxes & fees $115
INCLUDES accom close to attractions, with airport shuttle and breakfast. ADD 1-day San Diego Zoo admission from $46.

California Air + Car from $339 + taxes & fees $125
INCLUDES air into San Francisco, return from Los Angeles & 7-day car rental with unlimited mileage.

Hollywood Air + 3 Nights from $439 + taxes & fees $125
INCLUDES accom close to the Walk of Fame, Universal Studios and Beverly Hills.

Miami Air + 4 Nights from $628 + taxes & fees $122
INCLUDES accom close to South Beach and the Art Deco district.

Vacations

Paris Air + 4 Nights from $449 + taxes & fees $427
INCLUDES accom near the Metro.

London Air + 6 Nights from $529 + taxes & fees $474
INCLUDES central accom with breakfast.

Sydney Air + First 3 Nights 4-Star from $1139 + taxes & fees $401
INCLUDES central accom in Sydney's entertainment district.

Buenos Aires Air + 6 Nights from $1349 + taxes & fees $267
INCLUDES accom in the heart of downtown Buenos Aires with buffet breakfast.

Puerto Rico Air + 7 Nights 4-Star from $1379 + taxes & fees $220
INCLUDES oceanfront accom close to Old San Juan, historic landmarks and entertainment.

Thailand Island Hopping Air + 8 Nights from $1469 + taxes & fees $238
INCLUDES 3 nights accom in Phuket, 2 nights on Koh Yao and 3 nights on Koh Phi Phi.
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Oh joy, we're feeling better about our jobs

More people are employed compared to a year ago, figures show Horror stories fade, and so does fear

KEITH BEATY/TORSTAR NEWS SERVICE

▶ John Kervin says we beat the U.S. at Olympic hockey and it looks like we'll beat them in job creation.

Canadians have good news and bad news about jobs coming up to Labour Day.

More people are employed now compared to Labour Day last year.

The bad news? It's not a lot more.

The most recent statistics from July show 1.47 million Canadians are looking for work.

Statistics Canada says that's about 84,000 fewer people than in July 2009.

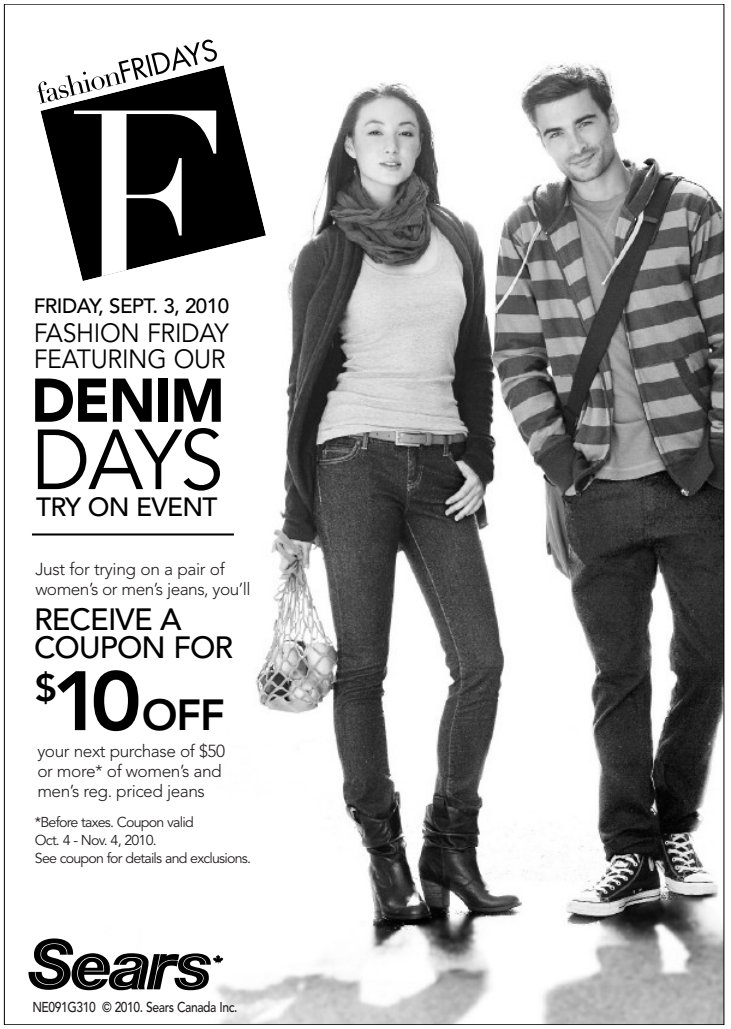
Canadians, in fact, are feeling good about job security, according to a new poll.

A Harris-Decima poll of 1,008 Canadians suggested 57 per cent of respondents feel more secure in their jobs compared to 2009.

That's an increase from 46 per cent of those surveyed last year.

John Kervin, a sociology professor at the University of Toronto who studies workplace issues and examined the study, said the change in perception may be because hysteria surrounding the economic meltdown is cooling off.

THE CANADIAN PRESS



NEWSPAPERS: NOT JUST FOR READING

He says ...

JOHN MAZEROLLE

It does my heart good to know the newspaper industry will survive tough times as long as people keep having moving days.

You might not read this column, but some day my head shot will be protecting your wine glasses. I'm just happy to be making a difference.

This is moving season, of course. Yesterday was the most popular moving day of the year, according to the article wrapped around my dinner plates. And I took part.

Moving is an event that teaches you important things.

Lesson No. 1: One moral I take away when I change addresses is that — write this down — I'm a filthy liar. I always tell people that I own next to nothing and I have even come to believe it.

Yet, when I pack I find myself standing next to a stack of boxes that brings to mind the final shot of Raiders Of The Lost Ark.

Like most North Americans, I have become so adept at accumulating crap that I don't even notice.

I get confused because I use so little of it. For instance, my kitchen is filled with at least a dozen mysterious cooking utensils. They might also be sex toys or CIA weapons of death. I have no idea what they do, so I can't be sure.

"This is moving season, of course. Yesterday was the most popular moving day of the year, according to the article wrapped around my dinner plates. And I took part."

Lesson No. 2: Getting friends to help you move is harder than convincing people to go on suicide missions. I should get anybody who agrees to record a chilling on-camera message.

"I commit to this glorious move in the name of the Heineken I have been promised, blessings be upon it."

And because it's so hard to convince people to help I always respond with a disproportionate amount of gratefulness, as if they had offered me a kidney.

Lesson No. 3: Being a bachelor has its advantages. I know people who pack everything carefully, categorize the contents, and mark where the box is to be placed, down to the Google Map co-ordinates. Adding eight hours to the packing process makes it "easier."

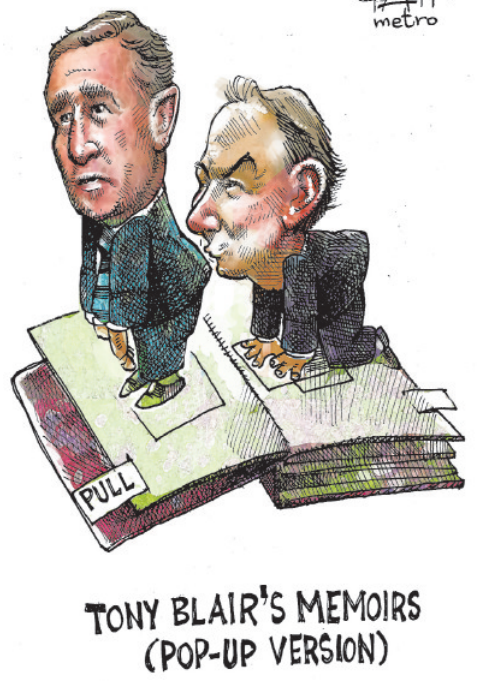
I just put everything into boxes as quickly as possible. No point writing, "Kitchen, southwest corner" when the box contains a Tupperware bowl, a plug that belongs to something, three golf balls and a bag of microwave popcorn.

I was careful, however, to pack with as much newspaper as possible. I believe in the future of this business.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



Nothing sporting about it

Letters & Tweets

Re: Environmentalists, hunters divided on ethics of bear hunt. (Sept. 1)

VANCOUVER. I am totally against killing any animals unless it is absolutely necessary. Do people have to kill off every living creature just to prove he is a man? Also, how can this person be sure the bear will not go off in the bushes and die in pain and starvation.
SHARON MACDONALD

Re: Crossbow backers, opponents clash (Aug. 31)

NORTH VANCOUVER. I find it a cruel act to kill black bears for the sport of it. Whether one tries to aim perfectly or not isn't as much the issue (though that in itself is bad enough) as hunting bears just for the sake of it.
E. STORNEBRINK

Re: Party district blamed for rise in sex assaults (Aug. 31)

VANCOUVER. I find it completely outrageous the VPD is using partying and drinking as a justification for the rise in sexual assaults.

Men do not rape women because they were partying and had one too many. They rape because they feel entitled to overpower and control women.
SAMANTHA GREY

In the crosshairs

CONTRIBUTED

What is your quirkiest habit?

Email
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metronews.ca/vancouver/advertise
metronews.ca/vancouver/contactus
Publisher Maryse Lalonde, **Managing Editor** Fernando Carneiro, **Distribution Manager** George Acimovic Metro Vancouver

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

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The maze is open daily. Admission is $6.72 for adults and $5.60 for children. When you have completed the maze you can enjoy roasting marshmallows over a fire pit. For more information, visit themaize.com. **VANESSA YEE**

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2 scene

▶ Justin Long stars alongside his real-life former girlfriend Drew Barrymore in the new romantic comedy Going the Distance.

Justin Long really goes the distance

Actor opens up about working with former girlfriend Drew Barrymore
And the joy of improvising many of the scenes in latest comedy

NED EHRBAR
SCENE@METRONEWS.CA

For Going the Distance, Justin Long took on two new tasks: Starring in a romantic comedy and acting alongside former girlfriend Drew Barrymore.

How was working with Drew?
Amazing. She's so smart and funny. It's daunting because she's so accomplished, specifically within this genre of movies. This is really my first lead role in a romantic movie like this, and I couldn't have asked for a better partner.

Was there anything you were nervous about going into it with her?
I knew her very well, but when you don't know somebody in a professional capacity, you don't know what's going to come out. I'm proud to report that she was lovely with everyone.

Were you daunted by the amount of improvisation in the movie?
I'm really comfortable doing improv. It's something I've been doing since I started. I would say about 50 per cent of the movie was improvised.

While promoting the movie, you and co-stars Jason Sudeikis and Charlie Day appeared on WCW's Monday Night Raw, right?
Yeah. In no way am I being self-deprecating when I say that was a disaster. It was not the audience to be promoting a movie like that to. We were so out of place. They're all fired up to see guys pummeling each other, not to see three nerdy comedy guys do some bits.

So, what to do?

We asked Long how he handled such an awkward situation and here's what he said:

▶ "You just commit to it as best you can. We were in LA at the Staples Center and the only time we really had the audience on our side was when we were praising the Lakers. Before that I think the (they) were contemplating throwing things at us."

In brief

Shia LaBeouf is apparently a smart bet for studios. The Transformers star has topped Forbes magazine's new list of Hollywood's best "bang for your buck" actors. For every dollar LaBeouf has made, his employers have earned an average of $81, according to the magazine. Anne Hathaway came in at No. 2, helping studios earn $64 for each dollar they pay her, and Daniel Radcliffe was No. 3, with $61 per dollar for the studio.
METRO

ScanLife

ID of The Stig, driver on Brit show Top Gear, is unveiled after court refuses injunction.

Clooney, Paltrow among stars in cancer telethon

George Clooney, Will Smith and Gwyneth Paltrow will join an impressive list of stars taking part in September's Stand Up to Cancer telethon airing on major networks.

Other celebrities announced yesterday include Denzel Washington, Renee Zellweger, Kathy Bates and Richard Branson.

Performers will include Green Day's Billie Joe Armstrong, Neil Diamond, The Edge, Herbie Hancock, Lady Antebellum and Leona Lewis as well as previously announced Queen Latifah, Martina McBride and Stevie Wonder.

Clooney, in particular, is a fundraising heavyweight. At Sunday's Emmy Awards, he accepted the Bob Hope Humanitarian Award for efforts on behalf of victims of this year's earthquake in Haiti, the 2004 tsunami in Indonesia and the Sept. 11 attacks.

▶ George Clooney

Stand Up to Cancer is aimed at raising money to speed up innovative cancer research, according to Spiderman movie producer Laura Ziskin — herself a cancer survivor and co-founder of the Stand Up to Cancer group.

The telethon is returning after the 2008 event helped deliver more than $100 million for research.
THE ASSOCIATED PRESS

The simulcast

Aside from ABC, CBS, Fox and NBC, these cable chanels will also simulcast the event from 8 p.m. to 9 p.m. on Sept. 10:

▶ Bio, Discovery Health, E!, G4, HBO, HBO Latino, MLB Network, mun2, Showtime and Smithsonian Channe.

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Margaret Cho

You have to laugh or cry

From interventions to murder, Margaret Cho can somehow find the funny side
Now she's putting it to music, with some Canadian help

Margaret Cho combines comedy with music on her new album to address some sombre topics: rejection, interventions and even murder.

Cho Dependent, which the comedian describes as "jokes written in song form but with incredible artists," came together with the help of musicians including Ben Lee and Fiona Apple.

Folk rocker Andrew Bird helped with a song about a former love interest turned murderer, an "honest-to-God murder ballad" that Cho said is based on her life.

For 17 years, she said, she carried a torch for a man. She lost touch with him and eventually looked him up online and was shocked to find he'd been convicted of murdering his wife.

"He bludgeoned her to death and left her in the attic of their house until her body had partially mummified," she said.

"So, it's a good thing we didn't hook up," the comedian added.

Writing a song about such horrific events was cathartic, Cho said.

"The worst things, the most tragic stuff in life can actually, strangely be hilarious," she said.

Cho has released seven comedy albums but Cho Dependent is the first where she sings.

The album also features an intervention put to music with Canadian rock band Tegan and Sara.

Its lyrics include, "Welcome to your intervention. We need some of your attention. You've got a problem we must mention."

"The worst things, the most tragic stuff in life can actually, strangely be hilarious"
MARGARET CHO

Cho Dependent was released last week. Next, the comedian will appear on the 11th season of ABC's Dancing with the Stars, set to premiere Sept. 20.

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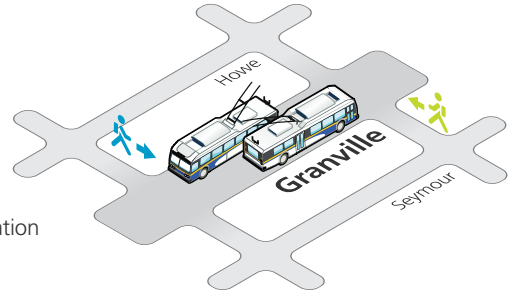

After 9 p.m. on Fri, Sat, Sun & holidays, buses will run on Seymour Street (northbound) and Howe Street (southbound). NightBus service will continue to operate on Seymour and Howe.

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Jennifer Esposito becomes a Blue Blood

Jennifer Esposito

Jennifer Esposito is joining the force.

CBS said yesterday that Esposito will guest star on several episodes of Blue Bloods, a new drama about a family with deep roots in law enforcement.

The series' ensemble cast includes Tom Selleck, Donnie Wahlberg and Bridget Moynahan. Esposito will be featured in several episodes as Wahlberg's partner in the New York Police Department.

Esposito's TV credits include Rescue Me and Samantha Who? She is scheduled to appear on Blue Bloods around mid-October.

Blue Bloods debuts Sept. 24 at 10 p.m. Eastern. The drama's creators are Mitchell Burgess and Robin Green, who have worked on shows including The Sopranos and Northern Exposure.

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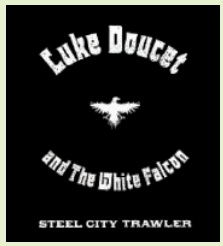
Album: Asylum
Label: Reprise

One step forward, two steps back. Few people haven't felt this ages-old adage apply to their lives. It represents one's frustrated sentiments when efforts to prevail are thwarted by our own inherent tendencies bringing us back to square one. Unsurprisingly, such is the case with Chicago-based heavy rockers Disturbed on fifth outing Asylum.

They claim the album endeavours to expand outside their stifling box of prefabricated basic riffs swarming around sugary, radio-friendly vocals and production values equivalent to bathing in perfume — overkill, as it were. However, the album's 13 tracks are just that: yet another bout of affectation encasing reality. In essence, that means a lot of posturing under the "We're an angry metal band," banner while their inherent "We're a predictable pop band with crunchy guitars," basic instincts unavoidably consumes the affair. Abounding in overtly predictable, uninspired Neanderthal-ish chug riffs supporting undeniably catchy vocals, rock-by-numbers songs such as The Infection, Serpentine and a borderline rap/metal title track struggle to seem avant-garde but remain decidedly lowest common denominator. One gets the impression that while Disturbed paid lip-service to some sort of stylistic advancement with Asylum, the real axiom should read: "It ain't broke, so Disturbed didn't fix it."

Outstanding track: Sacrifice

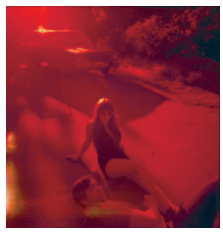
KEITH CARMAN



Luke Doucet and the White Falcon
Album: Steel City Trawler
Label: Six Shooter/Warner

Luke Doucet's new home in the Hammer seems to suit his gritty guitar style well. With the help of Sloan's Andrew Scott as producer, Doucet delivers an enjoyable and compelling rock record with undisguised nods to Neil Young, Keith Richard and Tom Petty. The upbeat fun of opening track Monkeys gives way to the tightening noose of The Ballad of Ian Curtis and a rocked-up cover of the Gordon Lightfoot classic Sundown. **Outstanding track:** Hey Now

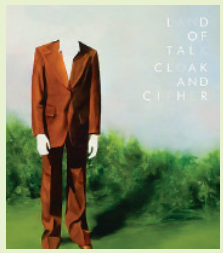
GRAHAM ROCKINGHAM



Jenny and Johnny
Album: Surfing the Void
Label: Warner Bros.

The name of both the artist and album frankly indicates what real-life sweethearts Jenny Lewis (Rilo Kiley) and Johnathan Rice set out to achieve on this collaboration. Not unlike the likeminded yet platonic duo of She & Him, they smile their way through an album full of starry-eyed duets that touch on various styles like AM gold, sunny surf pop, '90s college rock and even a bit of shoegaze. **Outstanding track:** Big Wave

CAM LINDSAY



Land of Talk
Album: Cloak and Cipher
Label: Saddle Creek

When Land of Talk released their debut EP in 2006 many thought the trio would be the next big indie break out band. That hasn't happened yet, and it probably won't with their latest, but that's not to say it isn't any good. The new disc is a relatively soft indie pop disc, but does explode in a number of parts. The record is encapsulated in the song Swift Coin. It moves like a Broken Social Social Scene tune (the band toured with BSS, and their sound has clearly rubbed off). **Outstanding track:** Swift Coin.

BRYAN BORZYKOWSKI

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09/10 • 587

Camp Rock 2's home advantage

Jasmine Richards enjoyed introducing American cast-mates to her Ontario home turf — even the blackflies

On the Ontario set of the sequel to Disney mega-hit Camp Rock, a Canadian cast member gave teen fan favourites the Jonas Brothers and Demi Lovato a lesson in Canuck cuisine.

"I got all the Americans to eat grilled cheese with ketchup. That's my thing," says actress Jasmine Richards, 20, an Oakville, Ont. native.

She says she showed U.S. cast members the joys of junk food exclusively available north of the border, like all-dressed and ketchup flavoured chips.

"That's how I rep Canada. I let them know that we have the good stuff," she says laughing.

Richards stars as Peggy, a friend of Lovato's character in the much-anticipated Camp Rock 2: The Final Jam which airs Friday on Family Channel.

The second movie follows a similar formula to the High School Musical series and features more song and dance numbers than the first Camp Rock.

This time around, the teens must save Camp Rock from financial doom after a slick new big-budget rival music camp moves into town.

Other Canadian cast members include Jordan Francis, Daniel Kash and British-born Canadian resident Daniel Fathers.

Richards was able to stick close to home for the Camp Rock shoot, which took place in the Toronto area and the Muskoka region north of the city.

And, she claims to have an advantage over her U.S. co-stars — experience with Canadian insects.

"Most of the (cast members) are from L.A. so when you come to Canada, you're going to deal with our mosquitoes and our blackflies and all of that stuff so they were not really liking the bugs or the bees," she says.

Richards, who also starred as Margaret in the Family Channel show Naturally, Sadie, says she is a normal kid, who still can't believe she gets fan mail from all over the world.

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▶ Jasmine Richards is from Oakville, Ont.

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Ont. premier has yet to catch Bieber fever

McGuinty joins Twitter, but does not follow province's biggest star

Twitter newbie Dalton McGuinty hasn't caught the Bieber fever.

Ontario's premier, who joined the social network this week, says he doesn't follow the Canadian pop phenom's Twitter feed — yet.

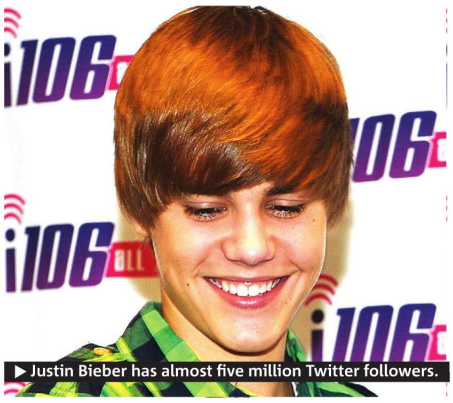
McGuinty jokes he's actually hoping Bieber will follow his Tweets first.

The premier has just over 1,700 followers, while the Ontario-born teen superstar has almost five million.

McGuinty, who's earned the nickname Premier Dad for his "Father Knows Best" approach to governing, appears to be trying to reach out to younger voters through his sudden embrace of Twitter.

So far, he's used the account to promote government news releases, talk about full-day kindergarten and link to a photo of his family on a recent canoe trip.

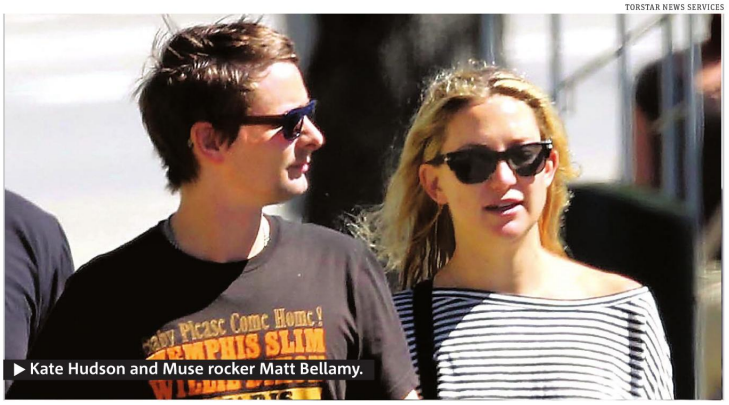
THE CANADIAN PRESS



▶ Justin Bieber has almost five million Twitter followers.

Hudson happy with new rocker, but weary of vows

TORSTAR NEWS SERVICES


▶ Kate Hudson and Muse rocker Matt Bellamy.

Kate Hudson is enjoying her relationship with Muse rocker Matt Bellamy, but she's not necessarily ready to give marriage a second try.

"It's definitely not something I'm looking for. But the divorce doesn't put me off," she tells Elle magazine. "I'll just see what happens. I think a lot of times people are terrified of love and stop themselves from experiencing it. I don't ever want to get that jaded."

And the fact that Bellamy is a musician — like ex-husband Chris Robinson who fronted The Black Crowes — definitely isn't an issue for Hudson.

"When I was with Chris, music was my life. I spent seven years on the road," she says. "Would I do it again? I wouldn't shy away from a tour bus, it's wonderful."

METRO

GETTY IMAGES

▶ Paris Hilton

Vegas clubs may bar Paris

With her recent arrest for drug possession dogging her, Paris Hilton may soon find herself banned from many of the Las Vegas nightclubs that used to pay her to hang out, sources tell Hollyscoop.

"No club located inside a casino is going to want to glamorize the fact that she's been allegedly caught with drugs three times in the last four months," a source says. "If Paris ends up serving time, I highly doubt you'll see her get another club appearance in Vegas for a long long time." Hilton reportedly has been paid up to $75,000 per appearance at clubs in the past.

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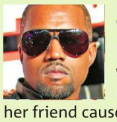
Celebrity tweets



Kanye West [@kanyewest] I could never be 'just' her friend cause as your friend I would want you to be with a guy like me even if it wasn't me but I don't know another me.

Jessica Simpson [@JessicaSimpson] Going over ideas for my new Christmas record...any suggestions?

Jonathon Ross [@wossy] My house is filled with young people playing quite horrible music. Not squatters btw. They'd have better taste in choons I think.

Sarah Silverman @SarahKSilverman] Hi fellas! Just so u know, hair gel, fake tans& gym-muscles are a turnoff to women of substance.

Douglas tired from cancer fight

Michael Douglas and Catherine Zeta-Jones are opening up about the Wall Street star's grueling battle with throat cancer.

"It's a fight," Douglas tells People magazine. "It really knocks you out." Douglas is currently undergoing intense radiation therapy, but the chances for recovery are said to be very high. Zeta-Jones admits the process has been tough on their family. "The hardest part is seeing his fatigue, because Michael is never tired," she says.

METRO

Lohan's dad moves to L.A.

With Lindsay Lohan out of rehab, Michael Lohan has picked up and moved from New York to Los Angeles to be closer to her.

The only problem is that his troubled daughter reportedly wants nothing to do with him, according to TMZ. Michael blames ex-wife Dina for any issues he and Lindsay have, though, telling the website, "If wedges hadn't been put between us and people didn't use children as pawns, a lot of the problems suffered by children wouldn't happen."

METRO

Student Cents

Are you just thinking about where your money is going or consciously managing how you spend it?

MANAGE YOUR MONEY

"You can't always get what you want," says Justin Yee, a third year business student at Wilfrid Laurier University in Waterloo, Ont.

Twenty-year-old Yee uses a spread sheet to record what he spends every month. There are columns for fixed costs such as rent, tuition (these are high priority) and cable TV (low); and columns for variable costs such as food (high) and clothing (low). If he hasn't budgeted correctly and he's spending more money than planned, "I think about why and try to be more careful," says Yee. At the same time, he has learned to prioritize his purchases. "You have to look at yourself and decide what you really want and need." A good example: Yee loves to bike and golf... and he just bought himself a good quality hybrid bike. "I would have liked new golf clubs too. But I can't have both. Biking makes more sense right now."

Managing money while you go to school is not just about paying for tuition and books. Students really need to be aware of their discretionary expenses, says Kavita Joshi, Director, Student Markets, RBC.

RBC EXPENSES TRACKER

RBC has launched a tool called my Finance Tracker that automatically organizes your spending into an easy-to-read pie chart with categories you can customize to fit your style (you'll see various sized 'slices' that represent cash withdrawals, credit card charges and school expenses, for example) so that you can know exactly where your money is going monthly and can budget and plan your spending proactively.

All the everyday costs of living — e.g., transportation, toothpaste, pizza, and movies – are just as important to keep track of and manage.

"Let's say you buy your lunch in the cafeteria every day," says Joshi. "Intuitively, you know that packing a lunch would save money. But you don't know how much lunch is really costing you every month." Keeping track of what you spend would clearly show how much lunch is costing. And, when you know this information, you might start packing your lunch three times a week to save money. But, says Joshi, you'll still buy lunch on the two days a week that your class schedule is heavier.

"And, that's the difference between passively monitoring how you spend your money versus managing it," says Joshi.

Set Priorities

When looking at what – and how – you want to spend money, it's important to prioritize. Ask yourself these questions:

- *What's really important to me?*
- *What can I live without? What can't I live without?*
- *Can I still have fun with my friends without breaking the bank?*
- *Am I comfortable accumulating debt while I'm at school?*
- **Can family chip in and buy me something I want as a birthday gift?*
- *Can I manage to work more hours during school to make more money?*

Paying Your Way

Different financial tools can help you organize finances. Be sure to speak to the bank about online banking and special accounts for students. Here's a checklist:

- *BANK ACCOUNT*

Every student needs a bank account for money coming in and money going out. A chequing account is great because it helps keep track of your cash flow too. Using a debit card on this account gives you easy access to your money – and you can't overspend because you only have what's in the account.

- *CREDIT CARD*

A credit card is convenient and good in an emergency. Using it wisely (paying off the balance and/or making required payments every month) will help you develop a good credit history. Ask about credit cards with rewards programs.

- *LINE OF CREDIT*

A line of credit is like a loan that you can access whenever you need it. There's a limit (that you determine with your banker) but you pay interest only on the outstanding balance — at a much lower rate than you'll pay on a credit card.

- *HIGH INTEREST SAVINGS ACCOUNT*

Use a savings account for funds that you don't need right now, or money you want to keep out of your monthly expenses pool. For example, keep scholarship or grant money there so you can accumulate interest until you need it.

For more information, visit ***www.betterstudentlife.ca****.*

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▶ Dresses had been dominant for several seasons — there is appeal in an effortless uniform, after all — but pants are powerful, utilitarian and versatile, and that seems to be what women want from this style cycle

Who wears the pants?

Women's fashion putting a stamp on trousers this season — one that's all their own
Industry big wigs expect menswear styles to continue invasion of women's lines

Menswear details, including blazers, vests and button-downs, have been invading women's fashion trends for a while. Now comes the most obvious of all for fall: pants.

Dresses had been dominant for several seasons — there is appeal in an effortless uniform, after all — but pants are powerful, utilitarian and versatile, and that seems to be what women are craving this style cycle.

"I don't need to tell the girls in the room how practical pants are. A great black pant goes desk to dinner, morning to evening. It's easy and you don't have to think about it too much," says Simon Kneen, creative director at Banana Republic.

Bridge the Gap

Pants Gap's new black-pant collection is a reaction to consumer demand, says Lexi Tawes, vice-president of women's merchandising. People want a pair of pants that can be worn all week.

"We see pants as the next 'it' item," agrees Colin Dyne, CEO of William Rast. "The categories we're focused on for fall and going into spring are chinos, cargos, pants that utilize silk blends and other fabrications."

"I don't need to tell the girls in the room how practical pants are. A great black pant goes desk to dinner, morning to evening. It's easy and you don't have to think about it too much
SIMON KNEEN, CREATIVE DIRECTOR AT BANANA REPUBLIC

And that's what's new about pants this go-around: Pretty much anything goes. There's not a specific skinny silhouette that's the must-have, nor a tailored trouser. The runways — and now the racks — have wide legs and narrow ones, high waists and low. They are all, however, relatable, not kooky concoctions meant only for the catwalk.

"There's a return to the idea of a flattering pant," says Mark Holgate, Vogue's fashion news director. "We were knee deep, no pun intended, in the world of crazy pants ... and then what happened was women wore leggings. But now the trend is coming back like the 1990s — a wonderful Helmut Lang pant that's boyish and womanly, that could be worn with a jacket shirt, evening top, heel, flat or boot."

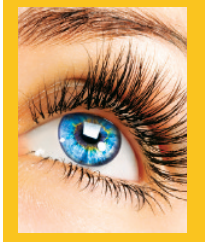
He also sees a nod to the '70s, which Holgate calls "the great years of pants."

Susan Cernek, Glamour's senior online fashion and beauty editor, says she recently was flipping through a book of Yves Saint Laurent's archival work and had to do a triple take at the date. "There was a 1974 runway look, but it looks like so many looks from the runway this year. It was worn with a bow blouse, loose jacket and tailored trousers."

Its projects strength, Cernek says, "not because they are borrowed from the boys but because you have to be committed to this look. You literally suit up from head to toe."

THE ASSOCIATED PRESS

3 life



Problems with dark circles under your eyes? Maybe you're getting worried about those fine lines and wrinkles? Cover FX has launched EyePrepFX Anti-age Smoothing Primer to nourish, moisturize and rejuvenate the area around the eye. The formula includes Haloxyl, an anti-aging ingredient, and Eyeliss, which helps reduce puffiness. It goes for $43 for a 20 ml tube
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Fashion savvy, regal poses giving Maine coon cat from Florida boost in modelling world

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MEET THE TIRELESS RACHEL ZOE

The go-to-stylist on her clothing line, reality TV show and celeb status

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Most stylists are under-the-radar creatures who, if they work hard enough, might enjoy a certain amount of fame in the fashion blogosphere. If they're really popular, they might even get the occasional interview in a glossy magazine.

Rachel Zoe, on the other hand, has a celebrity status that has grown to Hollywood-size proportions complete with a team of handlers that rivals that of her A-list clients.

If you've watched her reality show, The Rachel Zoe Project, regularly, there's not much about the stylist's quest to turn herself into a lifestyle brand that you don't already know.

When did you attend your first fashion show?
I remember crashing a Marc Jacobs show. I was an assistant and I was determined to go. I was waiting in the standing line, which was a mile long. I remember Patrick McMullan (the famous New York social circuit photographer) actually found me outside and goes, "Who are you?" And I was like," Who are YOU?" He took my picture. He was like, "I think I'm going to be taking pictures of you for a long time." He got me into the show and I ended up getting a seat. It was the greatest show ever.

Now that you're doing so much more than styling, how do you determine which fashion weeks to go to?
I don't generally like to miss Paris. But this past season, there was no physical way for me to do Paris and Oscar week. So I went to Milan instead. Of course I could always go on Style.com and see the show, but a lot of the designers are my friends. So I really try to go to support them as well. I never miss Oscar de la Renta, Marc Jacobs, Chanel, and Calvin Klein for instance.

So do you actually consider your show a way for viewers to see how fashion works?
The goal for the show is to educate the audience. In the case of the fashion weeks, it's for them to see how each city is glamorous in its own way.

Could you ever see yourself leaving styling and not attending fashion weeks altogether?
I'm not going to lie, it's hard doing it all. But at the same time, it's also an adrenaline rush. I'm tired because I'm constantly thinking about 20 things. A big premiere, awards season, a collection for QVC, filming my show, going to the fashion shows. And I also have my Web site. But at the end of the day, it's my name on the door. I have to be extremely hands on. About a year ago, I thought I would segue out of styling. But what I've realized ... is that I can never really walk away from it.

In this age of street style blogs, do you think that celebs influence the way people dress as much as say, five years ago?
I think fashion and celebrities are constantly feeding off of one another. Celebrities influence fashion and vice versa.

Several years back, you were at the center of the size zero debate in Hollywood when people blamed you for celebrities like Lindsay Lohan and Nicole Richie looking very thin. Considering how much negative press you received, were you hesitant to do a reality show?
It was this very, very strange thing back in 2006 when that happened. At first, I was like, "Are they kidding?" These incredible women that I worked with at the time were like, "We've been going through this for years." But whatever; what they think is what they think. When I was deciding to do the show, I was petrified. I thought that this would be more material for people to hate me or make fun of me. I didn't know what would happen. To me the show was another part of my job and another part of developing my brand.

And when people watched it they began to realize, 'Oh my God, she's actually really nice. She treats her team so well. She's been married to the same person for the last 12 years.'

People got a chance to see me as me. Who you see on the show is exactly who I am for better or for worse. I'm not this cold fashion person.

What are your opinions of the skinny model vs. plus size model debate that has been happening in fashion for the past few seasons? Do you think that models are too thin in general?
I think Diane Von Furstenberg [president of the Council of Fashion Designers of America] is taking unbelievable measures to make sure that these young girls are healthy. As far as my involvement, people are always looking for someone to point the finger at. But more designers are casting girls who are curvy and voluptuous and clearly healthy in their shows. So the message is being sent. It's clear that measures are being taken.

What is it about weight and size that gets people so worked up?
The world is obsessed with it. It's a part of our culture. The cleanses and detoxes and weight loss products are on the TVs and in the magazines. It's all a big thing. I don't think the debate is going away anytime soon.

What will your new clothing line look like?
Everything in it will be clothing that I would wear myself. There will be incredible sportswear. But there will also be a lot of diversity, lots of clothes for everyday life. And a lot for day-to-night.

And what will the price points look like?
Definitely as low as possible.

I want to turn out incredible quality, but at a very affordable price for fashion-obsessed people. I don't think it's very fair for me to say that everyone can afford to create these looks and then give them a sweater that costs $2500.

ZOE'S FASHION MANTRAS

Words to dress by

"Don't be scared to be overdressed. What's the worst case scenario? You're the best dressed in the room."

"I love to go by, 'More is more.' I'm not a minimalist. But if you're questioning yourself and think you may have on too much, you probably do. So take something off."

"Don't be afraid to acccesorize. An outfit is nothing without accessories."

Falling into style

Military and lumberjack styles dominate the season

RICHARD PECKETT
STYLE @METRONEWS.CA
METRO WORLD NEWS IN LONDON

Looking for a few additions to your wardrobe for this fall season? Here are a few great deals:

1 CALVIN KLEIN $20

Everyman loves the Calvin Klein trunk even if they don't resemble the guys in the ad.

2 LAVENHAM $151

Lavenham's slim fit version is a modern take on its rather boxy predecessor.

3 URBAN OUTFITTER $42

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4 WOOLRICH $371

Think bearded men, hiking boots and lumberjack jackets, like this one from Woolrich.

5 MJOLK $40

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Great food that takes time

Almost time to go back to school If you're feeling down and want some great comfort food, Acme Café is the place Just don't expect the time it takes to serve you to be comfortable

JOAN CHANG/FOR METRO VANCOUVER

▶ Meat loaf sandwich ($11.50) with tomato cilantro soup

LUNCH RUSH

JOAN CHANG
FOOD@METRONEWS.CA

It's raining again. And though I'm not in school anymore, back-to-school time has always made me blue.

So I escaped into the old-school comfort food at the Acme Café.

Perfect location too. This neighbourhood could use a little comfort.

The meatloaf sandwich ($11.50) is surprisingly light. The BBQ sauce and Dijon mayo are perfect together but the whole wheat bun is dry.

Soups change daily. I try the tomato cilantro soup, which is rich and chunky, warm and satisfying.

So why three and a half stars? It's really busy. Servers are hard to get a hold of. I'm dying to try the much-advertised sweets but nobody's available to take my order.

When I finally get the chocolate ganache tart ($4) it's rich, bittersweet with the kind of flaky crust that gets you known for dessert.

"The chocolate ganache tart ($4) is rich, bittersweet with the kind of flaky crust that gets you known for dessert."

Of course, once I'm done, no one's around to take my money.

The warm feelings from lunch start to disappear as I rush to get back to work on time. Next time, I'm getting it to go.

- **Acme Café**
- **51 Hastings Street West**
- **604-569-1022**
- **acmecafe.ca**
- **Hours of operation: Monday to Saturday 8 a.m. to 9 p.m.**
- **Sunday 10 a.m. to 9 p.m.**
- **Rating: ***1/2**
- **Reservations: Yes**
- **Client negotiations: No**
- **Lunch w/co-workers: Yes**
- **Social Lunk: Yes**
- **Quick solo lunch: Yes**
- **Time in: 12:15 p.m.**
- **Time out: 1:20 p.m.**
- **Low $: Classic Grilled Cheese $8**
- **High $: Various plates $12.50**
- **Licensed: Yes**

Halibut with special relish

This dish is fresh, light and healthy and can be on the table quickly. Pair the halibut with baby greens and a brown rice pilaf for a complete meal.

▶ Grilled halibut served with a mustard, grapefruit and oregano relish.

Ingredients :

- 750 g (1⅓ lb) halibut steaks or fillets
- Marinade
- 45 ml (3 tbsp) Dijon mustard
- 125 ml (1/2 cup) grapefruit juice
- 50 ml (1/4 cup) olive oil
- 30 ml (2 tbsp) chopped fresh or 5 ml (1 tsp) dried oregano
- 1 ml (1/4 tsp) fresh ground pepper
- Grapefruit Relish
- 15 ml (1 tbsp) Ancienne Old Style mustard
- 1 red grapefruit sectioned and chopped
- 15 ml (1 tbsp) extra-virgin olive oil
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) chopped fresh or 5 ml (1 tsp) dried oregano
- 1 ml (1/4 tsp) fresh ground pepper

Preparation:

1. In a shallow glass dish, whisk together Dijon mustard, grapefruit juice, olive oil, oregano and pepper; add halibut, turning to coat. Cover and refrigerate for 1 hour.
2. In a small bowl, whisk together Old Style Mustard, chopped grapefruit sections, olive oil, honey, oregano and fresh ground pepper. Cover and refrigerate.
3. Preheat grill or broiler to high. Grill halibut for about 4 minutes per side or until done.
4. Transfer grilled halibut to a serving platter. Spoon relish on top of grilled halibut.

THE ASSOCIATED PRESS

Bocconcini Salad

Ingredients :

- 75 ml olive oil
- 45 ml lemon juice
- 15 ml Dijon mustard
- 45 ml minced fresh basil
- 45 ml grated Parmesan
- Salt and freshly ground pepper
- 2 tomatoes, quartered
- 2 yellow pepper, quartered
- 1 red onion, quartered
- 500 ml baby potatoes, cooked and halved
- 1 bunch asparagus, cut in sections and blanched
- 8 bocconcini, quartered (400 g)

Preparation:

1. Preheat barbecue to medium-high. In a large bowl, combine olive oil, lemon juice, Dijon mustard and basil. Salt and pepper to taste.
2. Brush dressing on tomato, pepper and onion then roast until soft, then cut into chunks.
3. Add Parmesan, potatoes, asparagus and Bocconcini to dressing. Add grilled vegetables to mixture in bowl. Toss lightly, adjust seasoning as needed and serve immediately.

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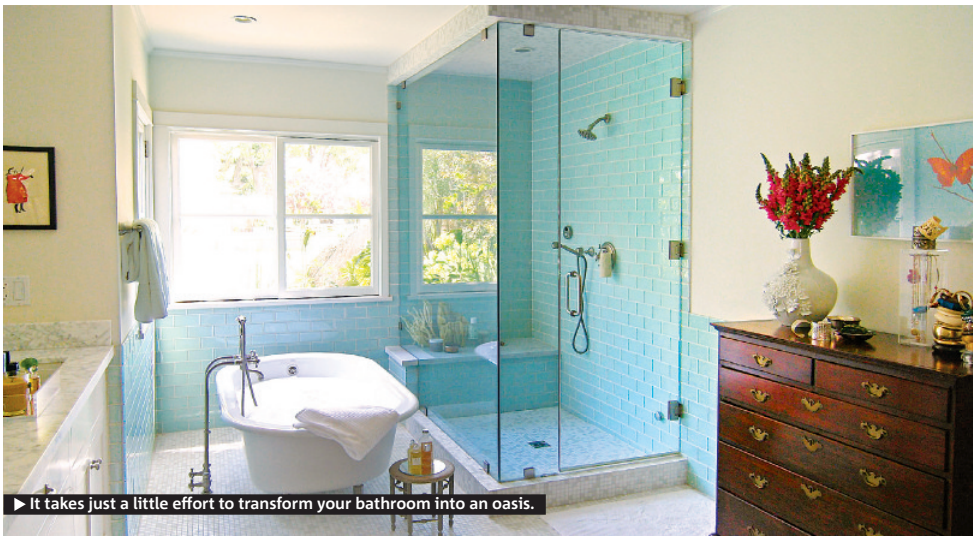
Soothing oasis at home

Simple steps can turn bathroom into a sanctuary Start with a clean slate and add accessories


It takes just a little effort to transform your bathroom into an oasis.

There's nothing like some me-time in a luxurious spa after a long day. And it takes just a little effort to transform your own bathroom into just such a place, an oasis in which to relax and rejuvenate.

Some simple fixes and inexpensive accessories can do the trick, designers say.

Begin With A Clean Slate

"Rooms feel calmer without clutter. So before doing anything else, clear off surfaces, walls and floors," says New York City designer Eve Robinson. "And while you're at it, toss out anything past its prime or that you really don't want or need."

Robinson favours light colour palettes — seafoam green and white, for instance — and uses very few accessories, perhaps "simple black-and-white photographs of ocean waves for a sense of relaxation and comfort."

She adores the classic spa feel of terry cloth, and suggests "crisp, white towels and bath mats to brighten and freshen a bathroom." Robinson also likes upholstering stools on wheels with terry to provide seating or space to pile extra towels. Often, she embroiders them with such words as "splish" and "splash."

While Dallas designer John Phifer Marrs is equally keen on soft hues, "Sometimes the most relaxing baths are no-colour," he says. For one client, he used varying shades of white and off-white, and added some baroque sconces and a neoclassical, tole-topped table for elegance and oomph. As with many furnishings, he says, "You can often replicate such high-end pieces with reproductions and flea-market finds."

Scents And Sounds

The right music can make a difference, according to Los Angeles-based designer Molly Luetkemeyer.

"Get the smallest iPod dock possible," she says. "Make a play list of music that helps you unwind, or download some ambient nature sounds — ocean waves, a bubbling brook, forest breezes. Turn it on when you enter the room and almost immediately you'll feel more serene."

One of Luetkemeyer's favourite parts about visiting spas is "being enveloped by delicious aromas," not only essential oils and bubble bath, but "candles that make you go 'ahh.'"

"Try short, chubby ones along the bathtub rim, several candlesticks grouped together or a candelabrum — and be sure to dim the lights before stepping into the tub," she says. Pay attention to the little things: Luetkemeyer always has a pretty container of matches near her candles.

And getting back to good smells, she counsels, "Push the spent end of the wick into the warm wax to extinguish the candle. If you blow it out, the beautiful aroma will be covered by a smoky odour."

Island Breezes

Alex Jordan, co-president of the Chicago design firm Gregga Jordan Smieszny, likes to create an island mood with accessories that exude a "tropical feel." Among them are teak flooring ("Buy tiles online, much less expensive,") and, "if the room is well-ventilated, a large, hanging, paper light fixture a la Noguchi," he says. "Glass garden lanterns work well, too."

Two other easy tricks he uses to bring the outside in: Cover the walls in grass cloth. Or either paint a trellis on one or more walls, or mount a real one.

On a smaller scale, but as effective, would be to replace the linen-closet door with latticework. "Of course," Jordan adds with a laugh, "that means you have to keep the contents tidy."

Don't limit yourself to the bath sections of stores, Jordan advises: "Broaden your vision. Investigate stores' living-room departments and boutiques carrying foreign products."

Think about glass cylinders filled with seashells and river rocks, wood receptacles for makeup and hair brushes, baskets for rolled towels, cleaning equipment and the kids' toys. THE ASSOCIATED PRESS

Surround yourself with delicious aromas.

Spa Tips

Several other items that can complete a home spa:

- An inflatable, terry-cloth-covered pillow for the tub. (Some contain built-in neck massagers.)
- A big, round rain shower-head.

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Danica McKellar helps to make the math add up

- The actress and math genius returns to teach girls that math can be fun in Hot X: Algebra Exposed
- Why 'tackling tough math will teach you that you can overcome any challenge in life'

This school year, don't fear your new math class.

In Danica McKellar's best-selling books Math Doesn't Suck and Kiss My Math, the actress and math genius proves that math can be conquered — and even fun.

With a new book hot off the presses, Hot X: Algebra Exposed, McKellar talked to Metro about what girls can do right now to gain confidence in all areas of their lives — not just math class.

With a new school year starting, what can girls do now to make sure they walk into their new math class with confidence instead of fear?

A week or two before classes start, do just a bit of review to get out the heebie-jeebies. You could use your old textbook or any of my books (danicamckellar.com).

Seriously, just spend a couple hours, and it almost doesn't matter which part of the prior year's math you review; just the fact that you do it will help prove to yourself that you're not afraid of math!

"There are a lot of negative stereotypes in the media that would have us believe 'girls can't do math.' It's outdated and totally untrue."
DANICA MCKELLAR

Math has always been a tough subject in school, but why does it appear like girls especially find the subject so hard?

There are a lot of negative stereotypes in the media that would have us believe "girls can't do math." It's outdated and totally untrue, but when it surrounds us, it can still affect the way we feel about ourselves.

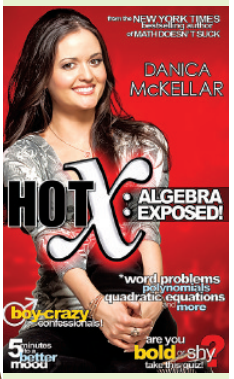
METRO

Winnie's way

McKellar on her new book Hot X: Algebra Exposed

"**I teach math** in the context of things girls are already thinking about — such as shopping, boys — and I've also made up stories to help: A shy girl named Betty and her adventures at the mall with the 'popular' crowd turns out to be a super-easy way to remember the Quadratic formula."

Q&A



Girls! Embrace your smarts

Can you give some uplifting advice for girls going into this new school year on how to embrace your smarts?

It's all about attitude! Remember, doing math is like going to the gym for your brain — it will make you a better "thinker" in all areas of life.

And there's no end to the benefits you'll get from developing your smart and savvy side.

The better you are with numbers, the less likely you are to be ripped off.

The more logically you can think about things, the better advice you'll be able to give your friends and the more clearly you'll be able to view your own life problems.

Most of all, the confidence that comes from feeling smart and tackling tough math will teach you that you can overcome any challenge in life — and you can.

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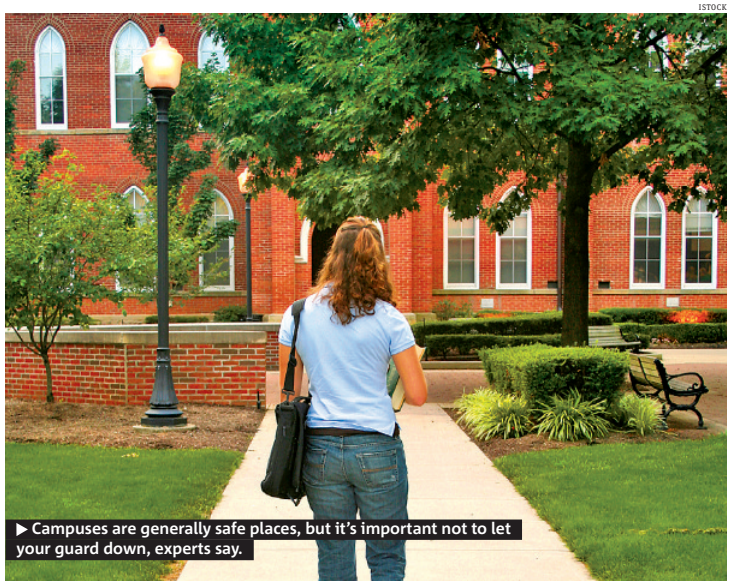

▶ Campuses are generally safe places, but it's important not to let your guard down, experts say.

Common sense key to campus safety

RAF BRUSILOW
FOR METRO CANADA

University of British Columbia spokesperson Paul Wong says that while campuses are generally safe places people still need to take sensible precautions and make appropriate choices.

"Because campuses tend to be safe it's easy to let your guard down, but the safety measures that you would take at home still apply when you get to university or college," Wong said.

Be aware of how to reach campus security in an emergency and keep a list of contact numbers handy to dial up if needed, Wong says.

"Measures that you would take at home still apply."
PAUL WONG, UBC

While serious assaults are rare on campus, thefts are definitely not, so consider taking your laptop with you when you hop out of the library for a bathroom break.

"Students fall asleep and they'll leave things sitting out all the time. You wouldn't go into downtown Vancouver and leave your laptop sitting there, so why do it inside a student lounge?" Wong said.

Imre Juurlink, a crime analysis supervisor at Ryerson University in Toronto, says safety comes in numbers so always travel with friends, especially when you head off-campus for some evening fun.

"You're always better off with a second person around," Juurlink said.

Social media like Facebook can be a great way to meet people, but be careful not to divulge too much.

"Stalking used to be mostly physical, now I find a large part of that happens online. Assume anyone can access anything you post on Facebook," Juurlink said.

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Back to class in style

Model looks available at Winners. At right: Hoodie available at Winners. T-shirt available at Sears. Photos courtesy of The Canadian Press.

With their casual ease and versatility, dark-hued denim items seem to be among the go-to style staples for the kid, tween and teen set, and are among the must-haves for fall.

But while jeans remain a perennial favourite, the upcoming season sees the wardrobe mainstay getting an update.

Nancy Dennis, brand and trend director for children's wear at Sears Canada, said the look began gaining traction last year with pop trio The Jonas Brothers who are known for wearing skinny jeans.

This season, Winners spokeswoman Shannon Johnson says the slimmer silhouette is being seen across the board for girls and guys alike.

"Where you would have seen in past years that sort of hip-hop jean that used to be big and slouchy and practically falling off, that's really gone by the wayside and denim's slimming down for the boy as well as the teen boy," said Johnson.

"That really transcends up as well in terms of T-shirts, hoodies," she added. "Everything's sort of a skinnier silhouette and a little more body-conscious."

As for the hoodies, the popular zip-front sweats are boasting a wide range of graphics for both genders.

For girls, Dennis said Sears Canada opted in some of its designs for all-over print - such as stars, hearts and digitized prints.

"The graphic hoodies, they're in your face. They've very bold, they're very colourful," she said.

Girls are also tapping into the sartorial influence of another teen star, Miley Cyrus, with faux leather jackets, Johnson said.

"It's definitely more of a rocker feeling with the leather, but she's matching it and mixing it with some softer pieces like little knit dresses, little Wellies," Johnson said. "Again, still keeping it very cute and age-appropriate, but there's some sort of slickness in the silhouettes in the jackets."

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If you would like to participate in this study then please contact Katie Morton by email: katiemorton84@gmail.com or by phone: 778-316-2619.

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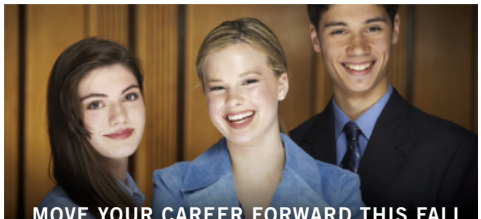

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4 sports

Whitecaps bolster roster

The Vancouver Whitecaps are focused on winning a championship this season while trying to build a team for the move to Major League Soccer next year.

The Whitecaps, who currently lead the NASL Conference of the United States Soccer Federation's Division 2, bolstered their roster by signing 10 players this summer.

The new additions will help Vancouver in the drive for a USSF D-2 title. The coaching staff and management will also have a chance to evaluate which players will remain with the team when the Whitecaps jump to MLS next spring.

"Obviously we are in the winning business and we want to win now," Tom Soehn, the Whitecaps' director of soccer operations, said in an interview. "We want to make ourselves better for this year, then parlay a successful year moving into MLS.

"It also gives us a unique opportunity to evaluate some guys in our environment and learn about the talent but also the character of the players. We have an ability to transfer our roster to MLS. The more that we feel we can transfer, the better our starting point will be."

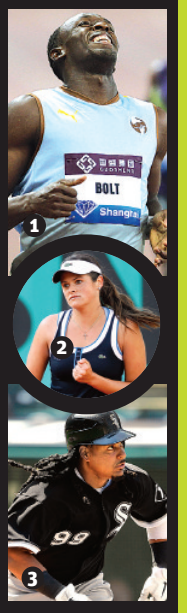
Among the players the Whitecaps signed before the European transfer window closed Tuesday were defender Willis Forko, a native of Liberia who has played in Norway and with Salt Lake in MLS; midfielder Terry Dunfield, a former Canadian international who has spent most of his career in England; striker Jonathan McDonald, a member of Costa Rica's national team; and Swiss internationals Alain Rochat and Davide Chiumiento.

THE CANADIAN PRESS

DOUG PENSINGER/GETTY IMAGES

▶ Willis Forko

Sports in brief



1 Usain Bolt said American sprint rival Tyson Gay "probably just hates my guts" because he has been so dominant.

2 Canadian tennis player Aleksandra Wozniak is taking the rest of the year off so she can recover from an injured forearm.

3 Manny Ramirez had a bloop single in his debut for the White Sox, a 6-4 win over Cleveland.

THE ASSOCIATED PRESS

Scan code for sports

Marino impresses Venus with effort

Vancouver teen takes American star to the limit in their first set

Canadian qualifier Rebecca Marino was left with mixed emotions after turning heads at the U.S. Open yesterday, giving American Venus Williams all she could handle in the first set before succumbing 7-6 (3), 6-3 to the third seed.

"It's a little disappointing but also exciting," said the 19-year-old from Vancouver. "I was super excited with the way I was able to go toe-to-toe with her.

"I'm just really happy with how I've done here. It's exceeded my expectations. I guess I can say I'm proud of myself."

Williams struggled early on a steamy, windy day before reeling off the last six points of a tiebreaker against the 179th-ranked Marino.

"Seemed like every time I had an opening she would hit a big serve," Williams said of the first set. "So I guess I know what it's like now playing myself.

"I was very impressed. She's got a good future ahead of her."

Marino had a 3-1 lead in the tiebreaker before Williams buckled down. The two-time U.S. Open champion responded with a cross-court backhand winner, followed by a forehand winner to get going and reach the third round at Flushing Meadows.

Marino was pleased when told of the compliments Williams gave her after the match.

"It's great when you hear another player compliment you like that," she said. "It definitely tells me I belong here."

THE CANADIAN PRESS

Player hurt

▶ Victoria Azarenka collapsed and had to be taken off the court in a wheelchair yesterday, an accident that resulted from a concussion she endured after falling and hitting her head while warming up for her U.S. Open match.

KATHY WILLENS/THE ASSOCIATED PRESS

▶ Rebecca Marino of Vancouver returns to Venus Williams at the U.S. Open yesterday.

Lions' Sanchez to donate pay to ALS fund

"The money is a small part of it. More important is awareness."

DAVIS SANCHEZ, ON DONATING HIS GAME CHEQUE TO ALS RESEARCH.

When Davis Sanchez was a rookie trying to crack the Montreal Alouettes lineup, Tony Proudfoot was an assistant coach at the training camp.

Proudfoot, who played defensive back for 12 seasons in the CFL, took Sanchez under his wing. He gave the North Delta, B.C., native advice, showed him how to play the game. Teacher and pupil formed a bond.

Sanchez, now a corner back with the B.C. Lions, knows he owes a debt to Proudfoot. That's one reason why he will donate his paycheque from Friday's game between the Lions and Alouettes to the fund Proudfoot has established to help people suffering from amyotrophic lateral sclerosis, or ALS.

Proudfoot was diagnosed with the incurable, degenerative illness more commonly known as Lou Gehrig's disease three years ago. Proudfoot's health has deteriorated to the point where he can no longer speak. He eats through a feeding tube connected to a hole near his belly button.

THE CANADIAN PRESS

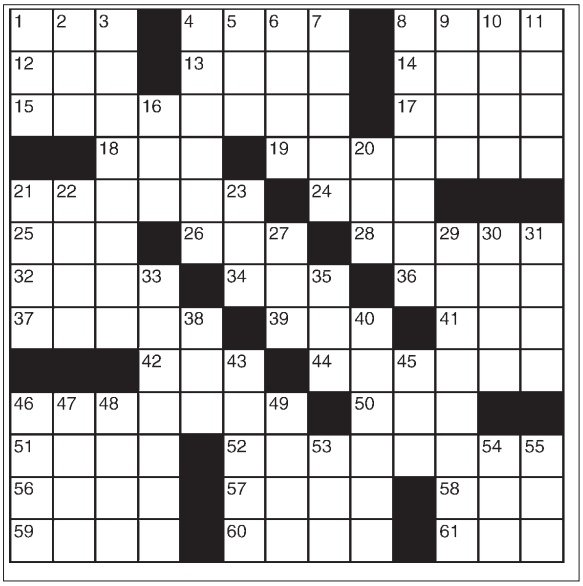
Sports in brief

Canada's hopes dashed by loss

BASKETBALL. Canada will make an early exit from the world basketball championship after stumbling to a fourth straight defeat yesterday, a 71-61 loss to New Zealand.

THE CANADIAN PRESS

Crossword



Across

1 "— De-Lovely"
4 Scatters seeds
8 Oxen's burden
12 Grazing area
13 Noble gas
14 Five-star review
15 Joey, e.g.
17 Finished
18 Space
19 Poisonous plant with milky juice
21 Patsies
24 Atl. state
25 Maui memento
26 Second person
28 Opera's Dame Nellie
32 Grecian vessels
34 Use a crowbar
36 Timbuktu's country
37 Hardwood tree with small nuts
39 Retriever type, for short
41 A Bobbsey twin
42 Listener
44 Importance
46 Loot
50 Wildebeest
51 Rodgers collaborator
52 Finger woe
56 Advantage
57 Vicinity
58 Festive
59 Garden intruder
60 "Cheers" order
61 Away from WSW

Down

1 Sort
2 Afternoon social
3 Blood-red
4 Quick and lively
5 "— the ramparts ..."
6 Lumber
7 Hairnet
8 Dilemma
9 Volcanic outflow
10 It takes the cake
11 Existed
16 School of whales
20 Jewel
21 Organization
22 Present
23 Bribe
27 Web address
29 Tongue
30 Just so-so
31 "— She Sweet"
33 Having an aroma
35 Deviate off course
38 Possessed
40 Mendicant
43 Curative center
45 Hostel
46 "That's a relief!"
47 Stow cargo
48 Craving
49 Exceptional
53 Born
54 Author Fleming
55 Caustic solution

▶ Yesterday's answer

U	P	S		S	O	C	K		E	L	S	E
T	A	U		T	H	A	I		M	E	E	K
A	P	E		I	M	P	L	I	C	A	T	E
H	A	Z	E	L			O	N	E			
			S	T	E	T		D	E	B	T	S
I	M	P	L	O	R	E	S		S	L	O	E
N	I	L		N	E	R	O	S		O	N	A
D	R	U	M		I	M	P	L	I	C	I	T
O	A	S	I	S		S	H	E	D			
			S	E	A			U	S	U	R	P
I	M	P	L	E	M	E	N	T		R	O	E
F	E	T	A		B	L	A	H		G	A	G
S	W	A	Y		O	O	P	S		E	M	S

Sudoku

				6		1	4	8
1	8		2	3			5	
						6		
			3					6
3	2		6		9		7	4
4					2			
		8						
	4			7	1		8	9
9	3	5		8				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	6	5	2	8	9	7	4	3
3	7	9	1	6	4	5	8	2
8	4	2	3	7	5	9	1	6
7	2	3	5	1	8	4	6	9
5	8	1	4	9	6	2	3	7
6	9	4	7	2	3	1	5	8
2	5	7	8	3	1	6	9	4
4	3	6	9	5	2	8	7	1
9	1	8	6	4	7	3	2	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

ScoopDog....as we drive down the road together, your velvet voiced singing is music to my parched ears. I look forward to our next Ft. Mac. sleepover!
CHACHING

My love Nav, thank you for giving me all the beautiful memories. The time i have spent with you was the golden time of my life and i will recall it for my entire life.
YOURS FOREVER, TINGEE XX

Babycakes, You're on my mind every minute of every day. Happy 2, 275, 200
LOVIES, MICHELINS

Andybear,I love you from the beginning til end, no matter what! You are my golden sunshine in my heart, Have a nice day, I love you!
YOUR GIRL FOR LIFE
ANGELA37

The Weather Network
TWN incorporates MSC data

Today	Friday	Saturday
Partly cloudy	Partly cloudy	Partly clou
19° / 14°	22° / 14°	20° / 13°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

The Weather Network
WE'RE PROUD TO BE ONE OF CANADA'S TOP EMPLOYERS FOR YOUNG PEOPLE.

♈ Aries March 21-April 20 It may seem as if your big chance has come and gone but it isn't true, and deep down you know it. Stop looking for excuses and start making things happen.

♉ Taurus April 21-May 21 You may be in a position to tell others what to do, but if you want to get along with them in the long-term you also need to take account of what they want to do.

♊ Gemini May 22-June 21 Your domestic situation will improve dramatically over the next few days as the Sun in Virgo – like your own sign ruled by communications planet Mercury, helps you to express yourself.

♋ Cancer June 22-July 22 The pace of life will move up a notch or two, or more, today and before you know it you will be hurtling along at speeds that are a little scary.

♌ Leo July 23-Aug.23 Life may be easy for you at the moment but don't think you can sit back and let the good things come to you. They will, of course, but you may be left with the uneasy feeling that you should have made more of your talents.

♍ Virgo Aug. 24- Sept. 22 Remind yourself that this is your time of year and that anything is possible. What will you get? That depends on what you are prepared to put in. Make the effort and you'll be rewarded.

♎ Libra Sept. 23-Oct. 23 What you think about today and tomorrow will become the mental blueprint for what you achieve when the Sun moves into your sign towards the end of the month, so keep your thoughts positive.

♏ Scorpio Oct. 24-Nov. 22 Today's cosmic alignment will bring you into contact with the right people in the right places at the right times. After that it's up to you.

♐ Sagittarius Nov. 23-Dec. 21 You don't always play by the rules, but today, and for the remainder of the week, you must play it by the book. Think of your reputation — it's the most important thing you've got.

♑ Capricorn Dec. 22-Jan. 20 Capricorn may be conservative by nature but you are willing to take the occasional risk, so long as the odds are in your favour. Don't hold back if you get a hunch of some kind today.

♒ Aquarius Jan. 21-Feb. 18 There have been a lot of upheavals in your life in recent weeks and you are not out of the woods in that regard yet. Fortunately, you view it all as a learning experience, which helps you cope.

♓ Pisces Feb. 19-March 20 The Sun in your opposite sign of Virgo restricts your ability to make your own decisions, but it's really no great hardship.
SALLY BROMPTON

WILFREDO LEE/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ANDRE PENNER/THE ASSOCIATED PRESS

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